Awareness and Consciousness

~~Consciousness and Time-Space as the Media for Manifestation.~~

The outstanding feature about Shri Maharaj's dialogues with the visitors is the pervading sense of utter spontaneity. Not only is the subject not selected earlier but Shri Maharaj's utterances have that unique spontaneity which gives them a fantastic freshness. And one marvels at this fact all the more when one remembers that he has been talking like this with his visitors, without any previous preparation, two sessions a day, every day in the week including Sundays, for the last forty years or so! and then, on top of this, as Shri Maharaj says, 'what do I talk about? — only one subject the same subject: You and I, the world outside and God!'

Shri Maharaj generally does not bother to wait for his audience before opening any topic that comes up in his mind. Sometimes the small loft room gets filled up to capacity within a period of 5 minutes. At other times, when Shri Maharaj starts talking — one might say, thinking aloud — there are hardly 3/4 persons. It makes no difference to him.

One morning, as soon as I sat paid my respects and sat down — there were only two other persons there — Shri Maharaj suddenly said: 'What is the difference between 'Awareness' and 'Consciousness', if any? When something like this happens, one doesn't really know whether he expects an answer or whether he is thinking aloud. One hesitates to answer for fear of breaking his flow of thoughts; and then, he will say: 'Why don't you answer? Have you been wasting my time listening to the talks all these days? This time, he carried on without waiting for an answer.

Awareness is of the Absolute and, therefore, beyond the three Gunas (Gunaateeta) whereas consciousness is fed by and limited by the food body. If the food body is destroyed, consciousness also disappears (Mind you, he says, no one dies — the body which is made of the five elements mingles with the five elements when it is lifeless,

and the consciousness which was subject to the three Gunas becomes free of the Gunas.) Awareness is the primordial, original state, without beginning or end, needing no cause, no support. IT IS. The moment the concept of consciousness arises or this original state of unity, the sense I AM arises, there is a state of duality: consciousness is on context, a reflection against a surface in matter. One cannot imagine consciousness without awareness - there cannot be a reflection of the Sun without the Sun. But there can be awareness without consciousness. In deep sleep, for instance, there is no consciousness (it is resting) but awareness is certainly there because on waking, one is aware of having slept.

As Shri Maharaj never allows us to forget, it is consciousness alone which is our constant companion, and it is continuous interest in one's stream of consciousness that takes one on to Awareness, - the basic existence, THAT-WHICH-IS, LIFE, LOVE, JOY. Indeed as Shri Maharaj repeatedly says, the very consciousness of being conscious is already a movement towards Awareness. Shri Maharaj further suggests that it is an excellent exercise to sit very quietly and watch what comes to the surface of the mind; what we call thoughts are ripples on water. In this stream of thoughts, whatever is known should be quietly ignored, and whatever is so far unknown should be welcomed and in due course also rejected in its turn. You then come to a state where there is no knowledge, only BEING in which Being merges in knowledge, and both the individual merges in the universal manifestation.

In the mirror of your mind, says Shri Maharaj, all kinds of pictures will appear, stay for a while and then disappear. Watch them silently come and go. Be alert but not involved or distressed; it is important not to be involved. This attitude of silent witnessing will have the effect, gradually, of driving away useless thoughts like ignored guests. By being, thus, with yourself, that is the I-AM-NESS, by watching the flow of mind, without interfering or judging, as a dispassionate witness, the

a thought; in awareness there is no thought. Awareness is the source of consciousness.

※ The mind, by its very nature, is attuned to move outward, tending to seek the source of things outside the things themselves. When it is directed toward the source within, it is almost like the beginning of a new life: awareness replaces consciousness - the I AM in consciousness is a thought; in awareness there is no thought. Awareness is the source of consciousness.

"deep" unknown in ~~the subconscious~~ is encouraged to come to the surface of the consciousness and release unused energies to understand the mystery of the origin of LIFE.